



Over **70%** of our planet is covered in water. We depend on oceans, rivers and lakes every day for transportation, food and enjoyment. Oceans are very important for regulating the planet's temperature, but they are suffering from overfishing and plastic pollution. In Canada, we are working to protect more of our coastal and marine areas, learn more about the creatures below and end overfishing.

LIFE BELOW WATER

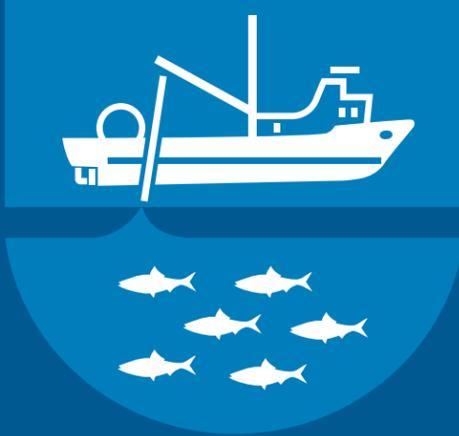
Scouts is the Start of an Underwater Adventure!

DID YOU KNOW?

Aside from having the longest coastline in the world, Canada is home to an estimated **two million** lakes and **7%** of the world's freshwater supply.



Fishing is a big industry in Canada: we are a major world exporter of fish from all three oceans, and our lakes and rivers as well.



Plastic pollution is a serious threat to ocean and water health. It's expected that by 2050 there will be more plastic than fish in the world's oceans.



IN THE FIELD

Invasive species find homes within our ecosystems and have a huge impact on local plants and animals. By organizing an invasive-species cleanup for your local waterway, you can help remove these species that do not naturally belong in your area. For example, the **23rd Nepean Geohunters** took to the Rideau Canal by kayak to remove European water chestnuts, cleaning up the waterways for other watercraft and helping to restore oxygen to the plants and animals below. Along the way they improved their paddling skills and enjoyed a beautiful day out on the water. Try incorporating **Outdoor Adventure Skills** in your exploration of water, above and below the surface!

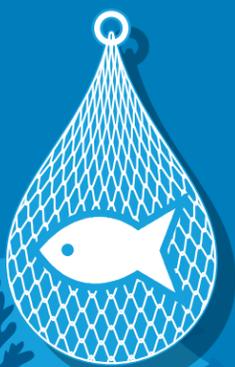


ARE YOU UP FOR THE CHALLENGE?

Where does your water go when it goes down the drain?



Where does your seafood come from, and how do you know it is sustainably harvested?



How can you protect the waterways around you when out on adventures?



TAKE A DEEP DIVE!

- Become ocean-literate by exploring the **seven essential principles** of ocean sciences with your Group.
- Check out the **My Little Plastic Footprint** app for educational activities about plastic pollution in water systems.
- Take the **Plastic Footprint Quiz** from the Canadian Wildlife Federation to assess your use of plastics around your home.
- Plan a service project as part of the **Great Canadian Shoreline Cleanup**, which has gathered over 1.3 million kilograms of waste since 1994.



BUBBLING IDEAS

- Use your trash findings to create a public **trash art** display as a reminder to your community to keep your waterways litter-free.
- Try creating your own **water filtration** system and see how you can help keep our waters cleaner. Take it a step further with the **oil spill experiment** to see just how difficult it can be to clean oil spills out of water.
- Find out how you can help marine life by doing a **pond dip**. See what various local species need to thrive in a nearby pond or stream. How can you choose alternatives to plastic, such as creating your personal **bag for life**, and minimize plastic in our waters?